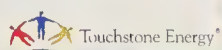


Carolina country

The Transmission Grid: How Electricity Moves Cross Country

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FEATURES

THE TRANSMISSION GRID11

A consumer's guide to "the transmission grid" that carries electrical power from generating plants to communities. You'll be hearing about revising and expanding this "grid" in the coming months during discussion of deregulating the electric power industry.

ALMOST THERE? WE DON'T CARE!16

Enjoy some of your favorite places to drive in North Carolina.

WHAT IS FOOT & MOUTH DISEASE24

What you should know about Foot & Mouth Disease and its potential effects on North Carolina.

DEPARTMENTS

FIRST PERSON4

Help save the Mattamuskeet Lodge . . . The peg leg hobo . . . The "bam-a-gillie tree."

MORE POWER TO YOU8

EnergyUnited is recognized for its attention to the natural environment – twice . . . Nash Community College shows off its Lineman Technology degree program . . . Comments on the Bush Administration's energy plan.

ENERGY CENTS26

New central air conditioners.

MARKETPLACE27-32

A showcase of goods and services.

JOYNER'S CORNER29

What is the value of the Fourth of July? Plus: From Orange County to Pender County in four steps.

CAROLINA COMPASS33

July events across the state.

HANK'S GARDENING GUIDE36

Watering takes priority.

CLASSIFIED ADS37

CAROLINA KITCHEN38

Chocolate Chip Cookie Dough Cheesecake



On the Cover

Transmission lines carry high-voltage electrical power over long distances. How does this work? See pages 11-14.

Help save the Mattamuskeet Lodge



to request their support for a special appropriation to save the lodge. Please tell them how the lodge has impacted your life and how critical it is to the future health of the region. Emphasize that Mattamuskeet Lodge is a "national treasure" that must not be allowed to deteriorate further or be torn down.

This historic building was built in 1915 to house the world's largest capacity pumps that drained 50,000-acre Lake Mattamuskeet three times. The structure was converted to a hunting lodge in 1937 and was placed on the National Register of Historic Places in 1980.

Between 1911 and 1932, three subsequent investors drained Lake Mattamuskeet and attempted to reclaim its rich bed for agricultural and residential use. They spent millions of dollars on the project but one by one they abandoned their grand ideas and finally ended the drainage effort in the fall of 1932.

The United States government bought the lake in 1934 to create a waterfowl sanctuary. Between 1934 and 1937, young men from the Company 424 of the Civilian Conservation Corps converted the former pumping plant into a rustic hunting lodge. Mattamuskeet Lodge became the focal point of Mattamuskeet National Wildlife Refuge. The Lodge operated until 1974. Since then, the building has been used for special events and East Carolina University has used portions of the building as a coastal studies field station. In 1993, the Partnership for the Sounds, a non-profit organization, joined forces with local interest groups and the U.S. Fish and Wildlife Service to renovate the lodge for an educational and cultural center. Meanwhile, the building continued to deteriorate. Last November, the U. S. Department of the Interior closed the building to public use because of safety concerns related to structural deterioration. Visitors are welcome on the grounds, but the public will not be admitted inside until structural repairs are made.

Please start with the committee's chair, The Honorable Robert C. Byrd (D-WV), United States Senate, 311 Senate Hart Office Building, Washington, DC 20510. Phone: (202) 224-3954.

For a list of the entire committee and the North Carolina congressional delegation, contact us. For accurate information about Lake Mattamuskeet and Mattamuskeet Lodge, see our book, "Lake Mattamuskeet: New Holland and Hyde County" or visit our website at <http://www.mattamuskeet.org>.

Lewis C. Forrest, Executive Director
The Mattamuskeet Foundation, Inc.
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On April 26, 2001, Senator Jesse Helms submitted a letter to the Senate Appropriations Subcommittee for Interior requesting \$8.28 million to repair and renovate Mattamuskeet Lodge in Hyde County. I am asking anyone who appreciates this historic building to contact the members of this committee, as well as members of the North Carolina Congressional delegation

Sea oats vs. bulldozers

Regarding your article on sea oats protecting the beaches [June 2001], most of the oceanfront property here is held by absentee owners. Here on Emerald Isle, fewer than one out of 10 have planted sea oats or erected sand fences. Both help maintain the dunes. But the property owners were quick to "re-build" the dunes using bulldozers at the surf line. This action lowered the beach and brought the surf to their dunes.

Bob Gordon
Emerald Isle

Cooked lye recipe

My Aunt in Scotland Neck, N.C., is looking for a recipe for lye soap. We already have a recipe for the "cold water" type; she wants the recipe where it must be cooked in a pot. She says this recipe states that it must be made around the time of the full moon. If anyone has this recipe would they share it with us? Thanks.

Sharon Hunter
Forestville, MD

Hugs and Kisses from Clemmons

I was driving on I-40 west coming into Clemmons, just outside of Winston-Salem, and I saw this up on the sky. I stopped the car and took this picture. This is "hugs and kisses from Clemmons."

Sarah E. Koontz
Mocksville



The peg leg hobo

Now that I am old, I flash back to memories of my childhood. The peg leg hobo is one.

The road we lived on ran parallel with the railroad that passed by our farm and then went north. Our house faced the county road. The railroad ran close to the back of the field. After World War I, a few hobos would follow the railroad. The hobos would come to our house from the back of the field. Some of them would ask for water to make coffee.

It was July and my daddy was curing tobacco. The family gathered to eat supper. My daddy would look around and see all of us in our places at the table. If one of our seven were absent, he had to know why. Supper was always 6 p.m.

Once, a hobo made his presence known. My daddy went out and greeted him, just like always. Also as always, daddy offered food and water. Mama filled up a plate with whatever we were eating. I hid behind my mama and peeped at the hobo. There was something strange about this hobo. He did not have but one foot. The other leg had a peg from the knee down. That was something to see. I looked at him from behind my mama's skirts. I was about 5 years old. That was strange, strange indeed to my child's eyes.

When you cured tobacco then, you stayed up all night. A furnace had to be stoked at night to keep the temperature up. After the hobo had eaten, Daddy asked him to stay the night at the tobacco barn with him. Daddy gave the hobo the bunk and he set up to finish curing the tobacco.

Next morning the rooster crowed up at the house and the sun was shining in the windows. Daddy and the hobo came to the house to a waiting breakfast. Mama fed the hobo breakfast, and he went on his way. With a full stomach and the Carolina sun in his face, he stepped between the tracks of the railroad looking forward to new adventures.

Verma W. Baynor
Pinetown



Summer Tomatoes

This is my mother, Margaret Bumgarner, of Lenoir sharing the harvest with her great-granddaughter Sara.

Robert T. Bumgarner
Boone, NC

Remember the "bam-a-gillie" tree?

I found it interesting that Arvil Shepherd of Oak Island in the April issue and Carroll Leggett of Winston-Salem in the May issue of Carolina Country both blamed their "southern accents" for calling the catalpa tree "Catawba."

Southern accents are simple compared to Appalachian dialects. I was born and lived the first years of my life in the shirtils of the Blue Ridge in Wilkes County, where the West family had lived since 1774. There were two plants in the back yard that we used for medicine, one called a "bam-a-gillie" bud tree and the other a "shoemake" tree. I was grown up before I learned the first was actually a "balm-of-Gilead" tree (from the Bible) and the other a "sumac" or "sumach" bush.

But when you teach freshman English in colleges and universities for 42 years to kids who write themes about "rat-coons" instead of raccoons, you don't dare mispronounce a single word for fear of what you will read in the next theme you grade.

John Foster West
Emeritus professor of English
Appalachian State University

Keep the change

One afternoon Darius wanted to go down to the football field to get a 25-cent snowball. So his dad gave Darius 50 cents and said "bring me a quarter back."

So when Darius came back in the house he had a football player with him. His dad asked: "Darius, what is going on?"

And Darius said, "Well, you said bring you a quarter back."

Victoria Dickerson
Murfreesboro

Nannie, what great teeth you have!

Early one Sunday morning, Hanna, my granddaughter, came to visit before we joined her mother at church. I was in the process of getting dressed, and my false teeth were in a clear cup on the bathroom counter. Hanna has been amazed at my teeth since I got them about two years ago. She finds it fascinating that I can take them out of my mouth. I explained to Hanna why some people need false teeth.

When we arrived at the church, Hanna's friend Kassie joined us on the back row. I was busy with Holden, Hanna's brother, when I noticed Kassie peeping around Hanna to look at me as the two girls whispered. This went on for several minutes. Hanna soon tapped my leg to get my attention. When I leaned over, she very proudly whispered, "Nannie, I told her you could take your teeth out!"

It's funny to know such simple, everyday things are amazing to small children.

Kay Hobles
Clinton
South River Electric

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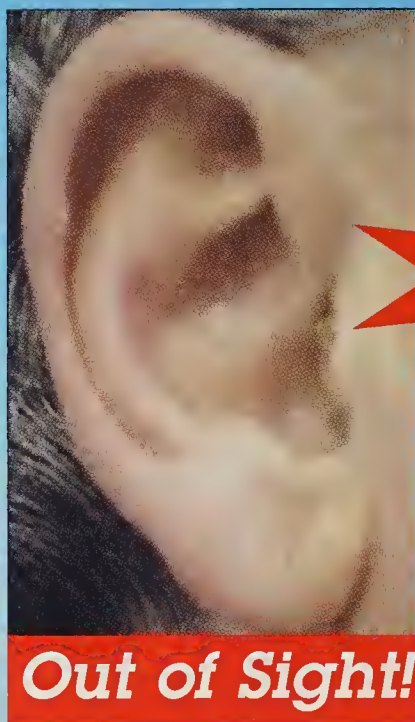
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Please try to avoid a power shortage

I would like to thank those responsible for the article on your Web page entitled "Why is there a power shortage in California?" The very informative article helped to ease my fears about the power situation, and I am grateful.

And I would like to applaud the efforts of those who won't let what is happening in California happen here in North Carolina. Please let me know, as a North Carolina resident, what I can do to help in the effort to prevent such problems with power like those in California. I am deeply concerned about this issue and encourage any citizen involvement that you can recommend.

I have written to the governor of our state with my concern over this issue. My wife has multiple sclerosis and could not tolerate power outages. Without air-conditioning she would become weak and fall. I could not stand for my wife to become injured due to forced power outages.

Bobby Womble
Lexington

Editor's Note: The article explaining the power shortage in California appeared in our March 2001 magazine. It is on our Web site at www.carolinacountry.com. Citizens can be involved in this issue by expressing their views to their elected co-op directors, their state and national legislators, and by following developments of utility restructuring in Carolina Country or the state government Web site: www.ncuc.commerce.state.nc.us/

EnergyUnited recognized for environmental excellence—twice

Sprouting up from the grass, along the base of powerlines throughout the Denton area of Davidson County, rare yellow flowers grow. Dale Suiter, currently employed by the U.S. Fish and Wildlife Services, discovered these endangered flowers, known as Schweinitz's Sunflowers, late last summer. The flowers were growing along EnergyUnited's "right of way," a strip of land that hosts the utilities' facilities.

Suiter arranged a meeting with Jimmy Brown, EnergyUnited's director of right of way; Jame Amoroso, a botanist with the North Carolina Department of Environmental and Natural Resources; and Moni Bates, a botanical consultant. The four met at the site to identify the flower and discuss ways to ensure its existence. Brown agreed to leave the area unmowed until the flower had pollinated and to educate EnergyUnited's right-of-way employees about the flower. These employees were also trained to look for and protect additional flowers found throughout these areas.

As a result of the utility's environmental crusade, the Project Habitat wildlife enhancement program presented EnergyUnited with an Outstanding Achievement Award in the category of community relations. The ceremony took place in Birmingham, Ala., on April 10. Project Habitat also recognized three other utilities located throughout the south.

"Together, we are able to achieve more than an improved landscape," said Bobby Maddrey, president of the National Wild Turkey Federation, in presenting the award to

EnergyUnited. "Managing rights of way for wildlife leaves behind a diversity of low-growing vegetation that's good for wildlife, such as song birds, quails, wild turkeys, dragonflies, butterflies and deer."

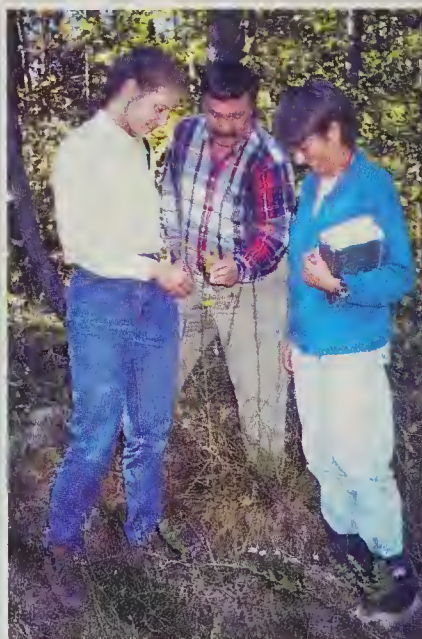


Endangered Schweinitz's Sunflower found growing on EnergyUnited's right of way.

National right-of-way award

In February, Dow AgroSciences acknowledged EnergyUnited's environmental savvy with a national award known as the Right of Way Vistas Lines of Distinction. The award recognizes the company's excellence in vegetation management practices on utility rights of way.

"EnergyUnited has a long history of being a good corporate citizen in the communities we serve," said EnergyUnited's Chief Operating Officer H. Wayne Wilkins. "We pledge to continue being good stewards of North Carolina's environment."



Flower Power

Jimmy Brown, EnergyUnited's director of right of way maintenance program, Jame L. Amoroso (left), a botanist with the North Carolina Department of Environmental and Natural Resources, and Moni Bates (right), a botanical consultant, examine Schweinitz's Sunflower.



National electric co-op CEO says Bush energy plan is OK but should "reduce risk, rather than increasing return" to shareholders



Glenn English

President Bush's national energy policy, which calls for producing more energy, revitalizing the transmission system, developing clean coal technology and other broad energy

goals, is "moving in the right direction, generally speaking," said National Rural Electric Cooperative Association (NRECA) Chief Executive Officer Glenn English.

The Bush plan "lacks specifics," English said, and thus it is important to monitor how the strategy is carried out in detail.

Turning to the issue of regulating the electric industry, the NRECA chief said he is concerned about the plan's recommendation to repeal the Public Utility Holding Company Act, the federal statute controlling investor-owned utilities. Although the law is decades old, the "need for consumer protection still exists," he said—perhaps even more today with the power that utility holding companies wield in the market.

Bush formally released his policy on May 17 at Touchstone Energy® Place, St. Paul, Minn. The National Energy Policy Development Group, which the president appointed, and which Vice President Dick Cheney chaired, prepared the document.

Among the report's recommendations are: increasing oil and gas exploration, including on federal lands; supporting clean coal technology; improving transmission grid reliability; supporting expanded use of nuclear power; providing tax and other incentives for renewable energy production; reducing generating plant emissions, and providing "appropriate funding"

for energy efficiency programs.

Looking at the delivery of electric power nationwide, Bush said in his speech that the country's electric system has been chopped into "dozens of local electricity markets, which are haphazardly connected to one another.

"It is time to match your interstate highway and phone systems with an interstate electrical grid," he said.

English said he "wholeheartedly" agrees that the system "is badly in need of an overhaul" and that the federal government should promote an "electric utility version of an interstate highway system." But improvements to the system should be focused on "reducing risk, rather than increasing return" to shareholders, he added.

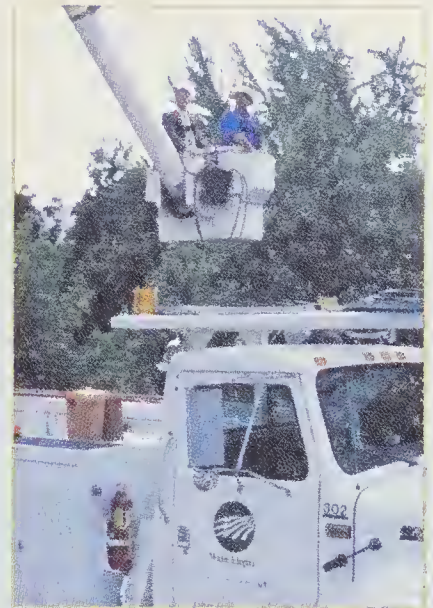
A revitalized system should "pay for itself" through its users, English said, and provide "free and open access to all."

Meanwhile, Senate Democrats introduced two energy bills in March to both increase future energy supply and reduce future fuel consumption. Specifically, the energy package proposed gives co-ops financial incentives for electrical generation using renewable energy and clean coal technology.

These incentives, part of the Energy Security Tax and Policy Act of 2001, would allow co-ops to credit a part of their investments in this technology against debts owed to the federal government, such as the Rural Utilities Service. Credits apply to such activities as co-generation with biomass, geothermal and landfill methane fuels.

In addition to the offset credits for co-ops that invest in renewables and clean coal technology, the package authorizes a \$20-million program to fund construction of building or upgrading transmission and distribution facilities in rural areas and on tribal lands over 7 years.

— Bill Pritchard, *Electric Co-op Today*



Nash Community College shows off its Lineman Technology program in Raleigh

Nash Community College exhibited some of its programs to state legislators at the General Assembly building this spring. The college is especially proud of its Lineman Technology degree program, developed in conjunction with the North Carolina Association of Electric Cooperatives. The cooperatives train line crews in all aspects of their jobs at the Nash training field and classrooms. Shown at the General Assembly exhibition are (below) Nash Community College President Katherine M. Johnson with N.C. Community College President Martin Lancaster. Testing the bucket truck with Wake Electric's Tony Godfrey is state Sen. Patrick Ballentine of Wilmington.



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The Transmission Grid: How Electric Power Gets from the Power Plant to Your Community

Most people know that milk comes from cows, not from stores. But most people do not know where their electric power comes from.

Recent developments in California and other western states illustrate the need for an adequate supply of electrical power, as well as a coordinated system for delivering power to consumers.

How does electricity reach our homes, schools, farms and businesses? Who is involved? What is involved? And with all the talk of "deregulation" in the utility industry, what changes should we expect to see in the generation, delivery and cost of electric power?

From generating plant to your house

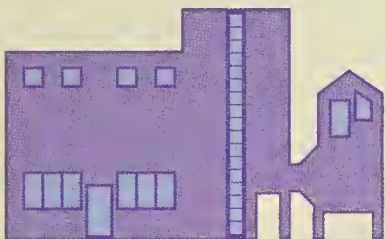
The electrical power we use is born at a power plant, typically consisting of a spinning electrical generator. Driving the spin might be a hydroelectric water wheel, combustion turbine or a steam turbine turned by burning fuel, like coal or natural gas, or from the heat of a nuclear reactor. Prior to leaving the plant site, power travels through a transmission substation. There, several large transformers "step-up" newly created electricity, measured in thousands of volts (the measurement of pressure), to an "extra-high voltage" (typically ranging from 230,000 volts to 765,000 volts). At high voltage, power takes its long-dis-

tance journey through transmission lines elevated by huge steel or concrete towers that cross the countryside. For this power to be useful to a home or business, it must be "stepped-down" to a distribution system. This occurs at a substation equipped with transformers that reduce the voltage to levels in the range typically of 33,000 to 100,000 volts. The substation also acts as a distributor, channeling power off into numerous directions. Ultimately, power going into individual homes is stepped-down further to 120 or 240 volts suitable to handle the typical household's needs. This final transformer is usually found atop a pole or, for underground distribution, enclosed in a steel box "pad" near the house.

(continued on page 12)

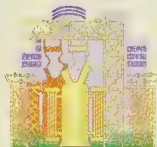
Electric Power Transmission

How does electrical power go from the power plant to you?



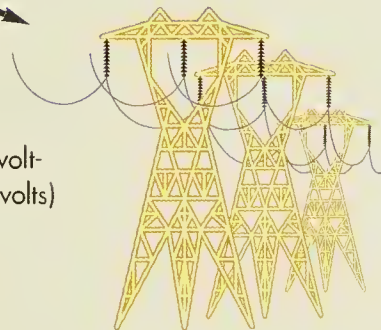
Power Plant

Most electricity is generated at power plants. At the plant, energy spins turbines that produce electricity. Energy can come from falling water (hydroelectric), nuclear reactions, coal, gas and oil, wind and other sources.



Transmission Substation

Power is "stepped up" through large transformers to an extra high voltage (typically 230,000 to 765,000 volts) so it can travel long distances.



Transmission Lines

These lines carry high voltage electricity long distances. Utilities that own these carry power from other utilities for a fee. Utilities coordinate to ensure that power is delivered to meet demand. (See graphics on pages 12-13.)



Pole or Underground Transformers

For use in households and small businesses, power must be "stepped down" to 120 to 240 volts by transformers on a pole top or in a metal box housing (for underground distribution systems).



Distribution Substation

High voltage electricity is "stepped down" by transformers at regional substations to 33,000 from 100,000 volts typically, so it can be sent safely through the local distribution system.

The "transmission grid"

It's important to understand that bulk electrical power can't be stored after it is generated. Also, it can't be routed to a designated place, but instead it takes whatever paths are available to it, moving at about the speed of light. At the user end, electrical power must be delivered at the moment users need it. Because the exact amount of the users' demand is not known precisely, the system of generating, directing and delivering electrical power is carefully and continuously planned and controlled. Utilities continuously forecast the power demand their systems may require and strive to maintain a constant supply of electricity in all kinds of weather and consumption patterns.

The system of making and delivering power — power plants, transmission lines, substations and the equipment they require — comprises the interstate, interconnected power network known as the "transmission grid." The transmission grid is distinct from the "distribution grid," which is a more local, "to-the-house" system, such as the system maintained by your electric cooperative. Control along the transmission grid determines the reliability of the bulk power supply to local distribution systems.

Three regional transmission grids serve North America excluding Mexico. Utility companies throughout the continent agree to operate for mutual benefit across this grid. This cooperation among power suppliers helps to ensure a reliable flow of electrical power to wherever it is needed, even in emergency situations like hurricanes, ice storms and earthquakes. Suppliers also buy and sell power over the grid. Transmission operators monitor the grids 24 hours a day using state-of-the-art technology to keep the power flow as smooth as possible. They can measure how much power any given plant contributes to the system as well as the amount being consumed at the user's end.

Overseeing the operation of such a vast and critical national resource are 10 regional groups that make up the North American Electric Reliability Council (NERC). NERC is a not-for-profit company formed after the Northeast black-

out in 1965 to promote the reliability of the bulk electric systems that serve North America. NERC collaborates with power suppliers and utilities to set and monitor standards and procedures aimed at maximizing the system's reliability. NERC's members include investor-owned utilities, cooperatives, government entities, independent producers and marketers from all over. The North Carolina Electric Membership Corporation (the state's electric cooperatives' power supply cooperative), along with Duke Power, CP&L, Virginia Power and North Carolina's municipal electric utilities, among others, are members of the Southeastern Electric Reliability Council (SERC), a Birmingham-based regional group established in 1970 to ensure a reliable and adequate bulk power supply in 13 southern states.

Over the past year, a major initiative of the organization has been the new NERC Pilot Compliance Program. The program, significant at both the national and regional levels, is designed to support compliance with new standards for preserving system-wide reliability in a marketplace becoming more competitive. In the face of fundamental restructuring across the industry, SERC and its counterparts across North America must provide the leadership and expertise needed to maintain quality during a transition period toward

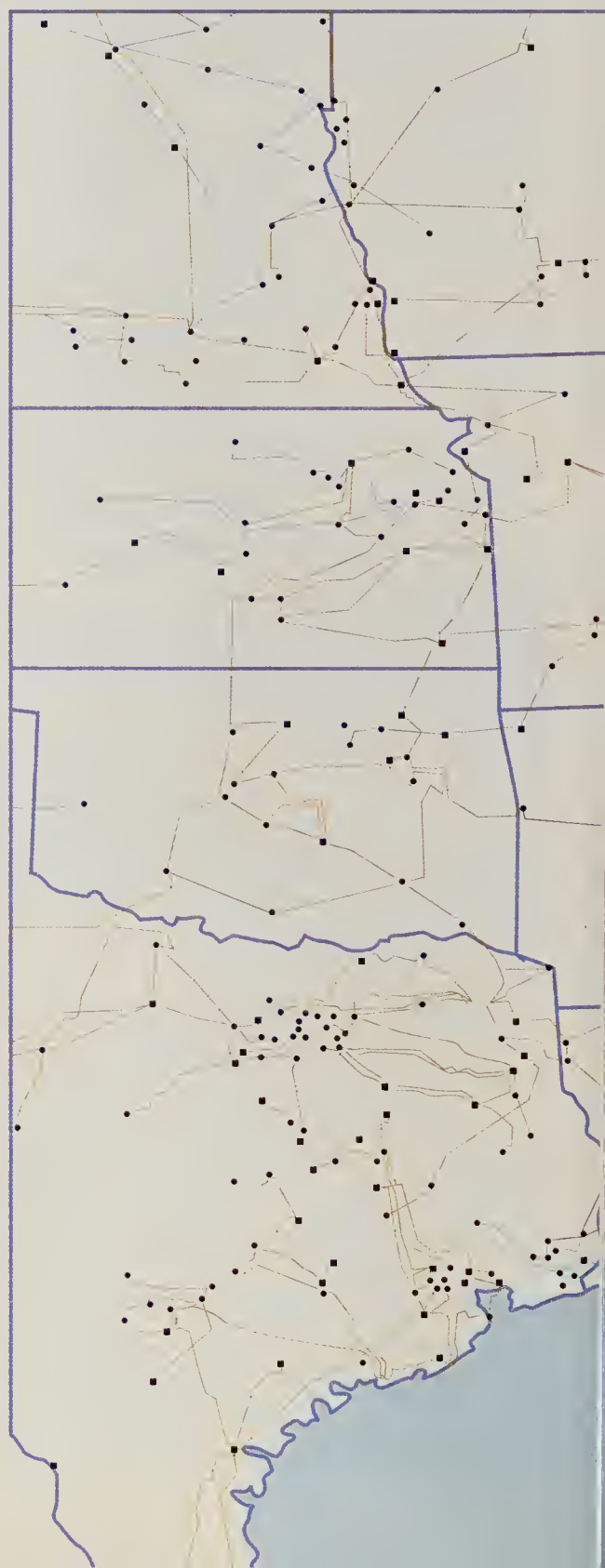
open access to this important all-critical electric "highway" system.

NERC is in the process of transforming itself into NAERO — the North American Electric Reliability Organization. NAERO's mission will be "to develop, promote, and enforce standards for a reliable North American bulk electric system." Under the existing system, members' compliance with standards is not enforceable. NERC says it hopes to develop contracts between the 10 regions and their members and to support federal legislation that would enforce compliance with reliability standards among all market participants.

The Transmission Grid

Illustration shows major power plants, substations and transmission lines that comprise a portion of the nation's transmission grid. Utilities that own the transmission lines grant fee-based access to other utilities and producers whose power runs through them. North America is divided into 10 regional councils (see color map inset) whose member utilities follow standards to ensure reliable power delivery across the grid. National deregulation measures are aimed at increasing the size, interconnectivity and access to the grid system.

Graphic by Nicole Ferrari, based on North American Electric Reliability Council maps.



The Grid in a Deregulated Industry

"Restructuring" is only one term to describe what is now being witnessed in the utility industry. Some call the unprecedented changes "deregulation," "retail choice" or "retail wheeling." All point to the same reality: the electric utility industry is shifting from a monopoly structure to one designed to allow more competition among various suppliers. In addition, utilities are separating their integrated business into three function units: generation, transmission and distribution.

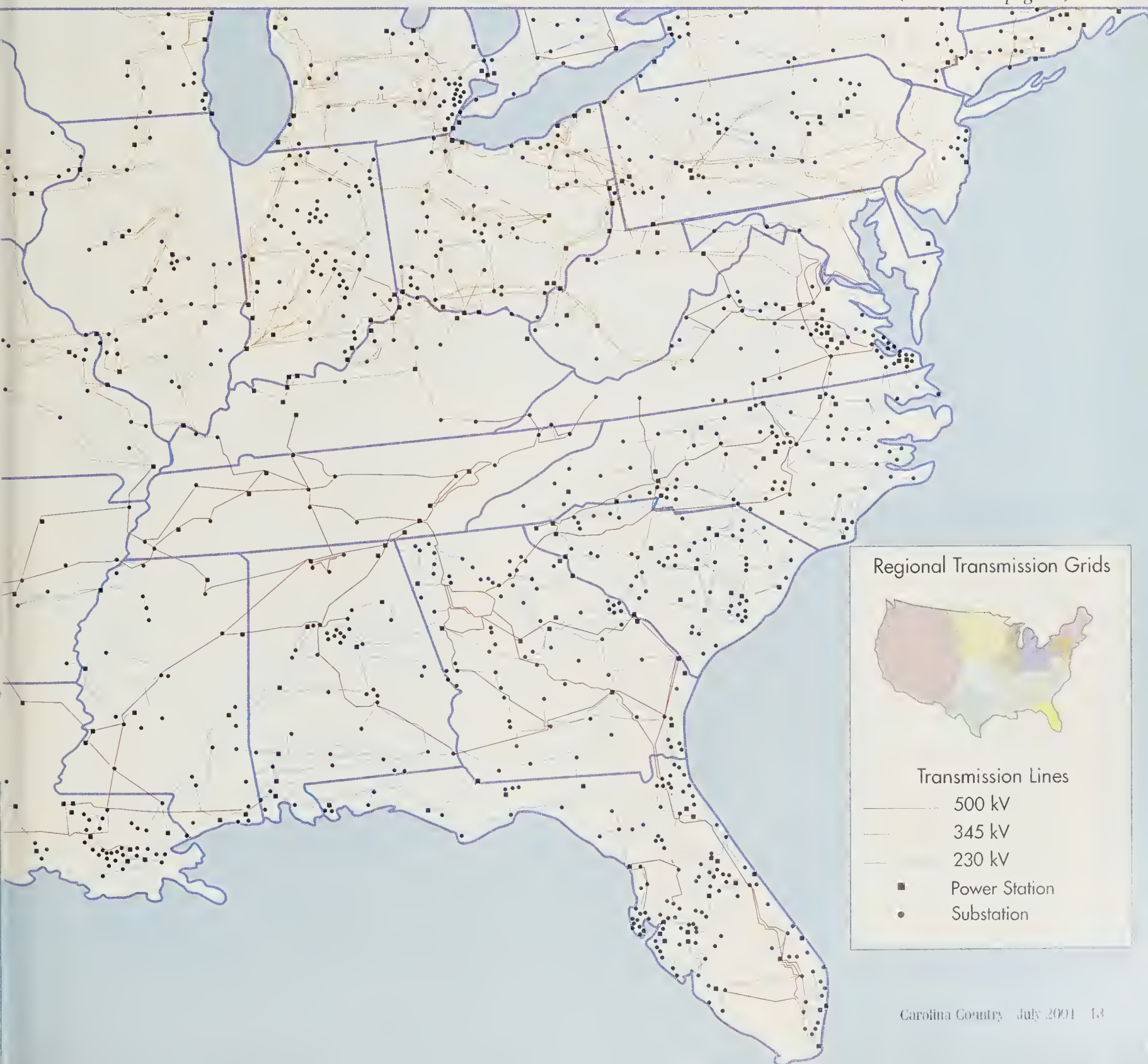
Beginning in the early 1900s, utili-

ties were granted exclusive rights to serve particular geographic areas. In return, the government guaranteed the companies they would receive a fair rate-of-return on their investment. In the 1930s, rural citizens formed consumer-owned, not-for-profit cooperatives to provide power to the smaller communities that were uneconomic for other utilities to serve. The electric power transmission systems were controlled by the utilities that owned the towers and lines and rights-of-way. The "energy crisis" of the 1970s prompted industry experts to consider alternative delivery models. From those studies

have come federal and state legislation calling for a more open and competitive marketplace for electric power.

Since 1978, much of the focus of reform legislation has been on the wholesale energy market, in which utilities and other providers produce and sell power for retail distribution to consumers. The premise is that competition at the wholesale level fosters lower rates to the end-user as savings achieved between power sellers get passed along to customers. In 1996, the Federal Energy Regulatory Commission (FERC) allowed a broadening of competition by requiring open, non-discriminatory

(continued on page 14)



access to the nation's transmission system for all users.

Wholesale customers now have the opportunity to buy lower-cost power and, for a fee, "wheel" it from the source to users across a delivery network owned by a third-party. North Carolina's electric cooperatives, for example, buy power as a group on the wholesale market from generation sources as far away as Ohio. That power reaches North Carolina's substations, as well as substations belonging to other distribution utilities along the way, via a transmission system owned by different utilities in the states between Ohio and here. Open access to transmission has been likened to a toll highway, where anyone who uses the transmission system pays usage tolls along the way. To date, wholesale wheeling among utilities has resulted in savings for the consumer.

One new set of entities emerging from restructuring are "regional transmission organizations" (RTOs) which are independent from utilities. Like railroad switchmen, RTOs are expected to control and ensure the reliability of regional transmission grids and oversee the fairness of pricing. CP&L (now a part of the larger Progress Energy), Duke Energy and SCANA Corporation of South Carolina last October formed GridSouth and proposed it as the RTO to serve most of the Carolinas, including North Carolina's electric cooperatives and municipal utilities. The new group has a tentative in-service date of December 2001, pending approval by FERC.

One change that consumers may notice as industry restructuring takes hold is that the cost of transmitting power across the grid may appear on electric bills. Consumers are accustomed to seeing a single fee on their bills that bundles all costs associated



Transmission lines in Wake County.

with electricity (energy, transmission, distribution, special programs, etc.). An "unbundled" bill may be similar to today's telephone invoice, with each cost listed separately. Local distribution utilities, like most cooperatives in North Carolina, would continue to handle the billing, as well as maintenance and repairs to the local system, even if a customer chooses another company that supplies the power itself. In such cases, the new supplier will pay the local utility a fee for certain delivery services.

The federal government will continue its oversight of the nation's transmission grid. Some members of Congress have indicated that the federal government will consider legislation this year concerning the system's continued reliability.

For its part, the North American Electric Reliability Council expects electric generating capacity in North America to remain adequate "in the near term." NERC's Reliability Assessment 2000-2009 issued last November said new generating plants are coming online to help meet demand.

Regarding the transmission system, NERC's president Michael R. Gent said the nation's grid faces heavy usage unless more lines are built during the next decade. "Transmission systems will continue to be subjected to heavy flows," Gent said. "Their reliable operation will depend upon transmission system operators continually increasing coordination and cooperation." He added, "Finding a way to make transmission an attractive investment so that companies will be willing to build transmission lines that will enhance the entire transmission system also is critical."

NERC reports that long-term reliability of North America's electricity supply and delivery systems will be influenced by a number of factors, including "environmental issues, incentives to construct new transmission facilities, regulatory and political considerations, fuel prices and availability, and the further development of the competitive electricity market."

For more information about the transmission grid (and a copy of NERC's Reliability Assessment report), visit NERC's web site at www.nerc.com

Contributors to this article were Lawrence Bivins, a Raleigh freelance writer; Carolina Country editor Michael E.C. Gery; and staff of the North Carolina Electric Membership Corporation's Power Supply Division.

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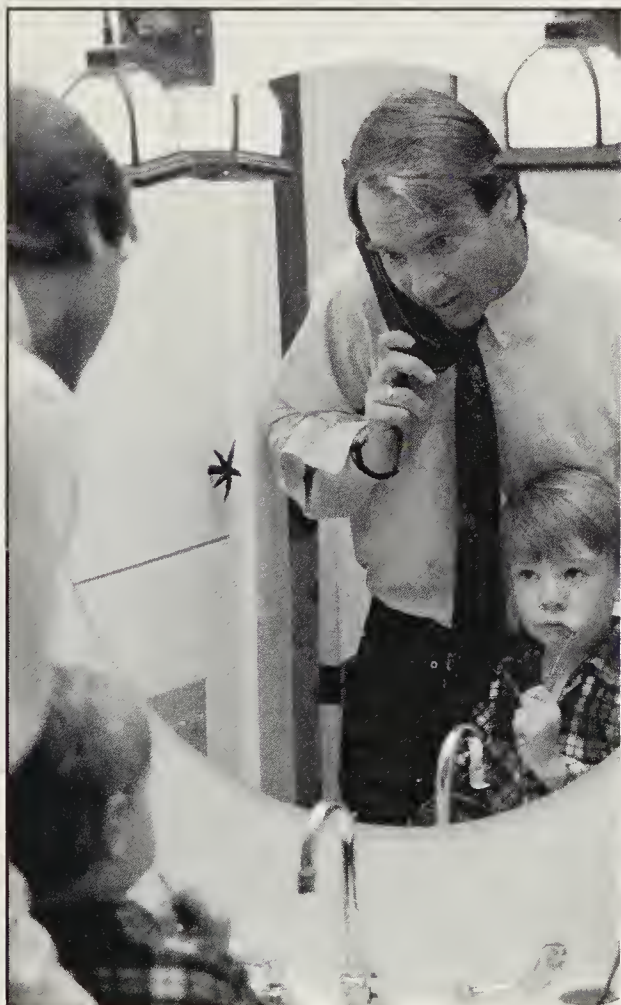
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Almost there? We don't care!

Your favorite drive in North Carolina

The "Good Roads State" probably contains more scenic or otherwise interesting drives than any state in the nation. They are routes that show us what we hope is the everlasting beauty of North Carolina. They draw from within us memories, maybe, of romance or some childhood exhilaration, or the certainty of their surroundings along the way or at the end of the road. They take us through the heart of our communities, the farms and stores, the place names and historical sites, and the homes of people we know. Most of them pass through areas served by the state's electric cooperatives.

The N.C. Department of Transportation in recent years has published a set of designated "scenic byways," complete with directions on how to tour them. The latest group numbers 44, and most of these run through electric co-op areas. Copies of the publication are available from Scenic Byways – NCDOT, P.O. Box 25201, Raleigh, NC 27611 or online at www.doh.dot.state.nc.us/operations.

For the record, my favorite drive runs along Highway 264 from Stumpy Point into Hyde County through Engelhard past Lake Mattamuskeet and into Swan Quarter: Tideland EMC territory. It's either that one or Highway 70 and 12 running down to the Cedar Island Ferry: Carteret-Craven Electric territory. Or maybe the one that rolls out through Snow Camp and down to Staley in Randolph EMC country...

Thanks to everyone who described their favorite stretch of North Carolina road. Published here are those chosen by the judges. You can see more on our Web site at www.carolinacountry.com. Next month we'll run "The Finest Thing a Teacher Told Me." [Deadline was June 15.] For the remaining themes of our "Nothing Could Be Finer" series, see page 18.

—Michael E.C. Gery



Going to the "vardoo" at Lake Gaston

Shortly after being stationed at Seymour-Johnson AFB in Goldsboro in 1967, my husband began hearing stories about the great fishing at Lake Gaston. We bought a used camper, had a trailer hitch installed on our 1965 station wagon, and put a rack on top of the car to accommodate our 12-foot aluminum boat.

Almost every Friday when my husband got home from work we would load the seven children and the dog in the car. We would head up Hwy. 117 to Wilson, 301 to Rocky Mount, 43 through Red Oak, 561 then 4 through Airlie and Sunny Side to Littleton. From there it was only a short drive over winding roads to Eaton's Ferry and Lake Gaston.

Each trip, as the lake came into view over that last rise, our youngest son, who couldn't pronounce "water," would cry out "vardoo." We still talk about that wonderful drive, through all those little picturesque towns. Today all of our children are grown and have families of their own, but every summer they still come from South Carolina, Virginia, Maryland and New York to revisit one of their most treasured childhood memories.

Mr. and Mrs. David L. Wegman
Swansboro
Carteret-Craven Electric Cooperative

Up to Mount Mitchell

I believe that one of the most beautiful drives in the entire country must be through the Mount Mitchell State Park just northeast of Asheville.

Last October friends were visiting from Southern California and they wanted to see the fall colors. We live in coastal North Carolina, so a trip to the mountains was planned. My father-in-law lives in Asheville and suggested that we drive along the Blue Ridge Parkway and take a trip to Mount Mitchell, the highest point east of the Mississippi River. At the lower elevations, we saw beautiful displays of colorful leaves, but the real treat was when we drove up to Mount Mitchell. An unexpected cold spell and snow flurries created a magical winter wonderland, encasing every tree, shrub and blade of grass in ice and snow. Although we weren't dressed for the weather, we will never forget the beauty of the scenery. At the end of the trip, our friends proclaimed North Carolina to be the most beautiful state they have ever visited.

Lee Duer
Oriental
Tideland EMC





South Main Street in Wake Forest

Main Street in Wake Forest is what I call "The Finest Drive in North Carolina." My family and I drive down it every Sunday on our way to church. Main Street has numerous 19th Century houses and mansions. The street also includes the Wake Forest College birthplace.

When you first turn onto Main Street, you will notice The Corner Ice Cream Parlor, which has excellent ice cream and tasty sandwiches. Further down the street, you will observe several patriarchal houses

with impressive landscapes. On the east side of the street is the Wake Forest College birthplace, which has been turned into a museum. The museum may be visited every Sunday afternoon. Finally, at the end of the street, you will see several historical mansions filled with captivating gardens and gazebos.

Kyle Johnson
Wake Forest
Wake EMC

At the end of a work day

This picture of a road does not necessarily beam with exciting panoramic views, nor does it lie between two majestic mountains with bright colored leaves adorning the horizon. There are no brilliant coastal sunsets to reflect upon in the evenings, either. No sparkling clear lake with whitetail deer walking upon its bank. But to me, the "Finest Drive in North Carolina" is only 250 feet long. Because I know that at the end of a hard day's work there awaits me something more precious than fading scenery. There is truly a pot of gold at the end of this old boy's driveway. I know that my beautiful lady of 19 years that God has blessed me with will be there to meet me with a smile and a kiss. Her pretty blue eyes still make my heart melt. Her warm hugs let me know that no matter what happened at work today we still have each other. My two strong boys wrestle me to the ground and we laugh at my weakness.

Look like much from the picture? Naw, but to me the "finest drive" ends at a home full of laughter and love.

Greg Abernethy
Asheboro
Randolph EMC



Hatteras highway

A thin black ribbon of asphalt stretching precariously upon the wave-beaten shores of Hatteras Island, Highway 12 arguably provides the finest drive in the Tar Heel State. To the small fishing villages scattered up and down Hatteras and Ocracoke Islands, this road is the lifeline to what many have called "the end of the world." A person standing on the beach and staring out over the Graveyard of the Atlantic can let their imagination run wild as to what lies beyond the sea oat-covered dunes. Storms, tides and shifting sands only serve to ensure that Highway 12 is an ever-changing monument to the struggle between man and nature. Catch a glimpse, while you can!

Belton Gray Jr.
Avon
Cape Hatteras Electric



more 

Going to church on Sugar Hill Road



When I was a child, I wanted to live in the North Carolina mountains. I had attended summer camp near Hendersonville in my teens while living in Florida. Then when our children were growing up we would bring them to the mountains on camping trips every summer.

Finally, in 1993, when all of them were grown, we built a log home in the Shingle Hollow Community in Rutherford County, and for three years commuted on weekends from Augusta, Ga., where we

were living. In 1996, while driving back after a lovely spring weekend, we decided to make this our permanent home. We moved here in October and we have enjoyed driving along these beautiful roads ever since.

Here is one of my favorites: going north on Sugar Hill Road in McDowell County on our way to church in Marion.

Judith M. Saul
Union Mills
Rutherford EMC

Neuse River Ferry to Morehead City

Some people wouldn't call it a drive, but I am sitting in my car moving – traveling with playful porpoises. Courtesy of the state, I take a free ferry ride every day, crossing the Neuse River from Minnesott Beach to Havelock. Yes, I take the quickest route to Morehead City to start my work. By the time

I get to the other side, I have seen sea gulls begging for food, or in the warmer months following the ferry's wake to catch their own food. I see kids running in gleeful freedom. I see the workaholic who reads notes, possibly for a meeting, or another

finishing a morning nap. With no traffic hassles, I have time to observe.

Seeing familiar people who travel with me each day gives me a sense of peace on calming waters. I feel safe knowing those who travel with me, and that I am on first-name basis with the faithful crew. In the decades of



crossings, I know this short, 20-minute drive is one of the safest.

Gail C. Johnson
Arapahoe
Tideland EMC

Send us your best. Earn \$50.

Here are the themes in our "Nothing Could Be Finer" series. Send us your stories and pictures. You don't have to be the best writer. Just tell it from your heart.

September 2001

The Finest Photo in North Carolina
Color, B&W. People, places.
(Digital must be 300 dpi).
Deadline: July 15

October 2001

"The Finest Restaurant in North Carolina"
Whose is it, and why is it so good?
Deadline: Aug. 15

November 2001

"The Best Thing That Ever Happened to North Carolina"
Long ago or recently.
Deadline: Sept. 15

December 2001

"The Finest Person in My Life"
Tell us why.
Deadline: Oct. 15

The Rules

1. Approximately 200 words or less.
2. Only one entry per household per month.
3. E-mail or typed, if possible. Otherwise, make it legible.
4. Include your name, electric co-op, mailing address and phone number.
5. If you want your entry returned, please include a self-addressed, stamped envelope. (We will not return others.)
6. We pay \$50 for each submission published.
7. We will post on our Web site more entries than we publish, but can't pay for those submissions. (Let us know if you don't agree to this.)
8. Send to Nothing Finer, Carolina Country, 3400 Sumner Blvd., Raleigh, NC 27616. Or by e-mail: carolina.country@ncemcs.com. Or through the Web site: www.carolinacountry.com

Gardens

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Use Pocket HERB™ to quickly determine the best herbicide for a particular crop, resulting in healthier crops while saving time and money. The software runs on PocketPC devices. After entering basic information such as the type of crop, soil moisture and average weed density, Pocket HERB™ generates suggestions for the most appropriate herbicide. There is no need to even leave the field—the device crunches the data within a matter of moments!

Developed, owned and maintained by North Carolina State University, Pocket HERB™ software retails for \$95. Learn more at www.hadss.com or call toll-free (877) 518-8030.

Agricultural Chemicals Manual available on CD

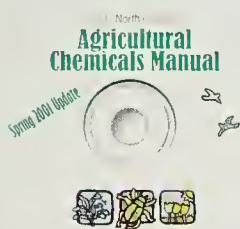
The updated North Carolina Agricultural Chemicals Manual contains information on safe and effective use of agricultural chemicals.

To access the manual in the past, you visited ipmwww.ncsu.edu/adchem/agchem.html. You can still surf if you like, but now you can peruse the same information on cd. The \$12-cd offers the advantage of checking out the manual without an Internet connection, as long as your computer sports a cd-rom drive.

The cd runs on any Windows

95/98 or Mac OS 7.5.5 system or higher, and can be read using Adobe's Acrobat Reader, a free software available on the Web. Another cd, which details ways of dealing with insects in the garden, is also available for the same price.

Order either cd by sending a \$12 check to N.C. State University, Communication Services, Box 7603, Raleigh, NC, 27695-7603.



Davidson county attorney turns author

James "Jim" E. Snyder Jr. recently paused from his career as an attorney to publish three books. Although the Davidson County resident continues to work as an

attorney, Snyder enjoys his occasional forays into the publishing world.

"Through my literary efforts, I believe that I can reach out to so many more people than otherwise," said Snyder. His previous books concerned weighty legal topics, but the new trio centers on subjects with wider audiences—golf, prayer and legal information. These

The Saga of Joe Monk
The Greatest Golfer of Olive Chapel
The power of prayer
The power of law



most recent works include: "The Saga of Joe Monk," "A Lawyer Prays God's Will for His Clients," and "Take Counsel: a Lawyer Discusses Life & Law."

You can purchase books by Snyder at various bookstores, or visit Universal Publishing at www.upublish.com/books/snyder3.htm. You can also call (800) 636-8329. Learn more about Jim Snyder at www.jamesesnyderjr.com.

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Carpenter's tool makes fly rafter quick work

Thanks to North Carolina inventor Wendell Church, installing a fly rafter on a new roof is a breeze. In the past, such work required the efforts of three to four people. Now only one person can get the job done using the Eagle Wing Fly Rafter Installer. The lightweight tool holds the fly rafter in place while it is secured to the roof, making the operation less dangerous and expensive. If you are interested in manufacturing, marketing or distributing this product, or more information, contact Church at (704) 838-1695, wlchurch@connic.com or visit eaglewing.inventonline.com.

cuisine

CAUSES

Cajun "Tipsy Chicken" Cooker™ yields juicy birds with ease

Ever try to barbeque a whole chicken and end up with overcooked poultry? If so, you may want to invest in a Cajun "Tipsy Chicken" Cooker. The recent inven-



tion features a sturdy aluminum base welded to an open pipe/cup. Simply fill the cup with the beverage of your choice (typically beer or wine), season your chicken and place chicken cavity on the

cooker. Then cook it in a barbeque, gas grill or oven for several hours and feast on the succulent end result.

Each cooker retails for \$19.95 plus shipping. Orders include a free seasoning packet. Visit www.tipsychicken.com for details. You can also call (337) 667-7565 or e-mail tipsy@partycamper.com.

Vineyard features wine, cheese, concerts and more

Nestled at the foot of the Blue Ridge Mountains lies the new 180-acre Shelton Vineyards. Opened since 1999, the vineyard experienced its first harvest last year



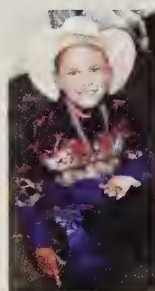
and since then, has been aging the wine made from 60 tons of grapes. Wines from this 2000 vintage will be released in mid-summer; California wines are now available. Visit the family-owned

vineyard in July to view bottling. To accompany your wine, stop by Shelton Cheeses to select some handcrafted cheeses made using goat and Jersey cow milk from a family dairy. You can also view the art of cheese making on select days.

The vineyard hosts concerts on an outdoor stage. The next concerts are set for July 14 and September 15. Winery tour, tasting of five wines and a souvenir glass retails for \$5. Call (336) 366-4724 for details. You can also visit www.sheltonvineyards.com.

Volunteer to help Special Olympics North Carolina (SONC)

SONC provides sports training and athletic competition opportunities for more than 25,000 children and



adults with mental retardation in nearly all 100 counties. The organization is one of the largest amateur sports operations in the state and requires the efforts of many volunteers to run year-round. From coaching athletes and raising funds, to providing office support and serving on committees, many opportunities exist for volunteers. SONC is currently recruiting volunteers for the following upcoming events:

July 6-8, Equestrian Championship in Raleigh

Nov. 9-11, Fall Games in Winston Salem

Jan. 6-7, 2002, Alpine Skiing Competition in Boone

March 15-17, 2002, Basketball Tournament in Rocky Mount

To volunteer, Contact Ann Collins, volunteer and families director for SONC, at (919) 719-7662 or (800) 843-6276 ext. 116, or e-mail her at acollins@sonc.net. To learn more, visit www.sonc.net.

SPCA of Wake County needs your help

In addition to finding animals homes, the SPCA of



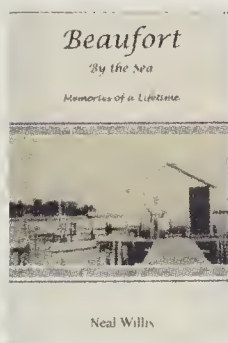
Wake County also works on long-range solutions by educating children and adults. Staff members and volunteers provide on-site humane education programs at area schools, youth groups and community organizations.

Volunteers and donations are needed to care for the discarded animals that arrive at the shelter everyday. For more information about how you can help, call (919) 772-2326 or visit the Web site at www.spcawake.org. For adoption information, call (919) 772-3203.

culture

"Beaufort By the Sea...Memories of a Lifetime"

In his novel "Beaufort By the Sea...Memories of a Lifetime," Beaufort native Neal Willis recounts his life and times in the city during the 1920s, 1930s and 1940s. "Old people are a treasure house of information and



should be given the opportunity to give this to others," said Willis in the introduction to his book. "I am so thankful that at age 82 my memory is so good and that I have the opportunity to record these precious memories for my family and other interested people."

Order the book from Willis's daughter and book editor, Linda Sadler, P.O. Box 245, Beaufort, NC, 28516 for \$14.95 plus \$2 shipping. You can also find it in local bookstores.

Submit art to "I am Woman" show

An art gallery in Gastonia, Art 1, invites artists to celebrate the essence of womanhood by showcasing their works in the "I am Woman" exhibit and competition. For a fee of \$15, each artist can enter two pieces of two- or three-dimensional work. The theme is completely



open to the artist's interpretation. Deadline is July 21 and the gallery will display all entries from Aug. 2 - Sept. 20. Sponsors of each patron award will choose the piece to receive their awards.

Through July 19, Art 1 also houses the exhibit "Carroll Saunders: Past and Present," featuring acrylic paintings by African-American artist Carroll Saunders.

Two non-salaried, full-time volunteers staff the three-year old gallery which highlights the works of local, regional and national artists.

For more information on entering the contest or making a donation, call (704) 854-8800, e-mail art_one@bellsouth.net or visit www.Art1Gallery.com.

OUTDOORS

Posters of the Hurricanes of 1999

Satellite images of Dennis and Floyd, the hurricanes that caused so much devastation in North Carolina in 1999, appear in a new poster published by Lee House, Inc., in Charlotte. The images came from enhanced



GOES-8 infrared satellite pictures superimposed on a map of the United States.

The poster size is 16.5 by 25 inches. It is available shrink-wrapped on cardboard or in a tube at \$20.50 each, or as two framed pieces (poster and written historical description) for \$75. Prices include shipping and tax.

Also available is a "sister" poster, "The Hurricanes of 1996," showing Bertha and Fran.

Contact Lee House at P.O. Box 35148, Charlotte, NC 28235. Or by phone weekdays at (800) 532-0461.

Wildlife group announces adventure sweepstakes

Donate \$5 to the North Carolina Wildlife Federation (NCWF) and receive a chance to win big in the group's



Annual Adventure Sweepstakes. The grand prize winner chooses from among the following seven-day excursions: Colorado hunting trip, Colorado fishing trip or a Caribbean cruise. Plus contributed funds support

NCWF efforts to conserve wildlife habitat, keep politics out of wildlife management, and fight for consumer rights to a clean, healthy state.

To purchase tickets, contact NCWF at (919) 833-1923. Deadline for entries is December 12.

We've begun stocking the shelves of the new Carolina Country Store. It's our way of showcasing and supporting the growing economy of the North Carolina countryside.

Do you have something to stock on the Carolina Country Store shelves? Send information and pictures to our storekeeper Tara Verna through the Web site or at carolina.country@ncemcs.com.

The store is open 24 hours a day, every day, at www.carolinacountry.com

Summer at the Low Water Bridge

By Paul Lucas



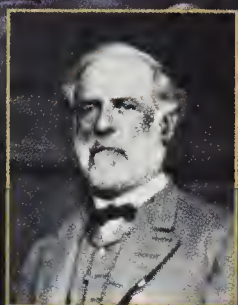
This oil painting by Paul Lucas shows the Low Water Bridge over a branch of the Uwharrie River in Ophir, a small community in northern Montgomery County at the foot of the Uwharrie Mountains. Mr. Lucas says it is “a playground for children and older folks in the summer months.”

Paul Lucas studied art at Randolph Community College and has had several exhibits in the Triad area. To receive a portfolio, contact Paul Lucas at 8286 Pisgah Rd., Asheboro, NC 27203.



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What you should know about **Foot and Mouth** disease and how it could affect **North Carolina**.

What is Foot and Mouth Disease?

Foot and Mouth Disease (FMD) is a highly contagious viral disease of cloven-hoofed animals (cattle, swine, sheep, goats, deer) that causes blistering of the lips, mouth, tongue, nose, teats and hooves. Essentially 100 percent of susceptible animals contract the disease when exposed. Vaccination is not effective.

FMD is not particularly lethal. Mortality rates rarely exceed 2 percent in adults and 20 percent in young stock. But because recovery in animals takes a very long time, severe losses result in production of meat, milk, wool, and offspring. Once animals are infected with FMD, they cannot be used for farming.

The virus can be transported by wind, wildlife, dogs, cats, mice, humans, packages and vehicles. Infected animals can carry the virus for six months. The virus can survive in the environment for as long as a year.

Do humans get FMD?

No. "Hand, Foot and Mouth" is a human illness, seen in children. It is not the same disease as FMD.

Is this "mad cow disease"?

No. "Mad cow disease" is a different animal illness. We have no cases of it in this country.

Why is FMD important now?

First isolated in India in 1990, the disease has spread rapidly around the world and all efforts to eradicate it have failed. All parts of the world have been impacted except North America, Central America, Australia, New Zealand, Chile and parts of Europe.

Livestock owners fear this disease. It cripples animal industries through lost production and mortality, and eliminates the exportation of meat products. This alone is worth \$5 billion annually in the United States.

FMD also severely inhibits travel and general commerce. If it were to invade eastern North Carolina, for example, broad areas would be entirely closed to traffic of all kinds for many weeks while a quarantine and disposal are in effect. (See graphic.)

Although FMD has not been reported in the U.S. since 1929, states are conduct-

ing a public education campaign and preparing their response procedures should cases be reported here.

Agriculture and public safety officials say there is no need to panic, even if an outbreak is reported, because disposal and decontamination methods are well understood.

How would it affect the public?

An outbreak would affect our food supply. Getting food to the stores and getting to the stores to buy food would be severely hampered.

It would damage the environment. It would kill millions of animals needlessly. It would restrict travel to work, shopping, school and vacation. The United Kingdom this spring was losing \$350 million per week in tourism revenue. Some farm families in the United Kingdom were restricted to their property for five or more weeks.

Is it safe to eat animal products?

Yes. Our food supply is extremely safe. Meat and dairy products are inspected and regulated. Cooking the meat from infected animals kills the FMD virus.

What can you do now?

Understand that agriculture and public safety officials are investigating any possibilities of Foot and Mouth Disease reaching the U.S. and that they know how to control it if it does.

If you have livestock, watch for excessive salivating and lameness in your herd. Immediately report any unusual or

suspicious signs of disease to your veterinarian, to state or federal animal disease control officials, or to your county agricultural agent.

What if you have traveled abroad?

People who have traveled to other countries should not go near farm animals for at least seven days after returning to the U.S. Household bleach (3 gallons water with 2 gallons bleach) or full strength household vinegar can be used to disinfect shoes or other items brought home from traveling. These can also be used on vehicles and equipment after they are thoroughly cleaned.

Where can you get information?

North Carolina Department of Agriculture & Consumer Services: (919) 733-7601 or www.ncagr.com.

N.C. State Animal Response Team: www.ncsart.org.

U.S. Department of Agriculture's Animal and Plant Health Inspection Service emergency operations center: (800) 940-6524, or e-mail at emoc@aphis.usda.gov and Web site www.aphis.usda.gov

Sources for this article were the N.C. Department of Agriculture & Consumer Services, N.C. State University's Department of Farm Animal Health & Resource Management, the N.C. State Animal Response Team, and the U.S. Department of Agriculture's Animal and Plant Health Inspection Service.

Possible Impact - Duplin County

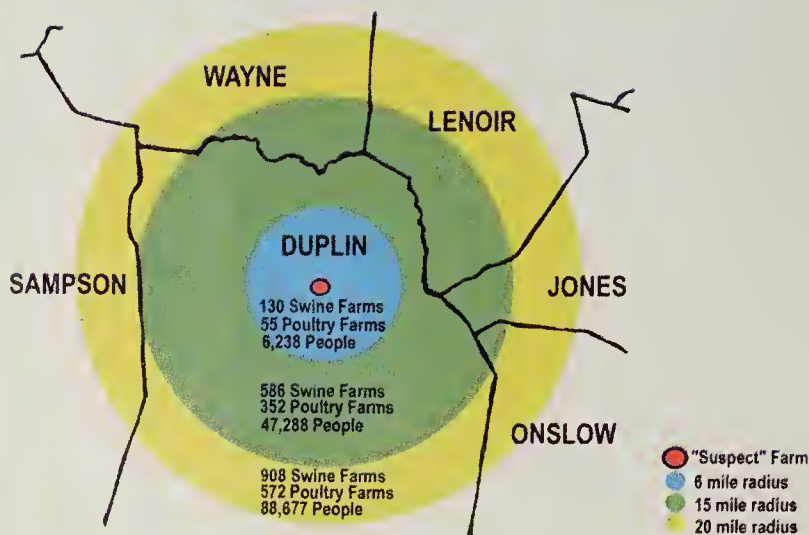


Illustration shows farms and people affected if a single case of Foot and Mouth Disease were detected at a farm in central Duplin County. Emergency officials would close off a "hot zone" 6 miles around the farm to restrict movement and decontaminate everything. The virus could be carried into areas 20 miles from the site. (Source: N.C. Emergency Management Division)

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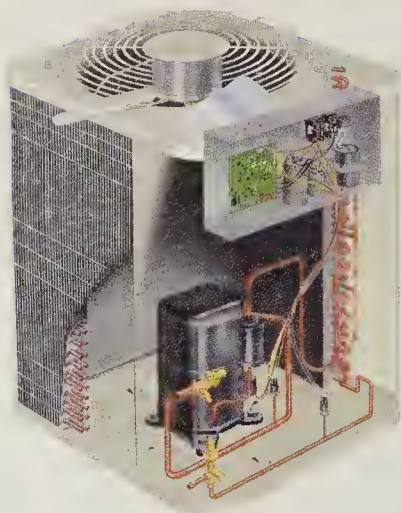
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Inside a Two-Speed Puron Plus, made by Bryant.

New central air conditioners

By James Dulley

With their higher efficiencies, the best new central air conditioners can cut your electricity usage in half and help control the peak demand for your cooperative. Also, this helps to hold down long-term electric rates and minimizes chances of electricity shortages on hot afternoons.

For example, if your existing central air conditioner or heat pump is 12 years old, it probably has a SEER (seasonal energy efficiency ratio) of about 8. The newest, most efficient two-stage (low- and high-cooling outputs) models have SEER's from 16 to 18, more than double your current one. They also will vastly improve your indoor comfort and humidity control.

Central air conditioners that use new earth-friendly R410A refrigerant, instead of ozone-damaging R-22 freon, are becoming very popular. Within 10 years, R-22 freon-type air conditioners will be phased out of production by law. The R-22 freon will still be available for repairs, since it is used for other commercial purposes, but its cost will likely rise.

There really is no "one best" central air-conditioner or heat pump for every home. The best one for your home depends on your climate, your specific house design and construction, your budget, your life-style, heat tolerance, electric rates, etc.

For example, I recently installed a new R410A central unit in my own home, but I did not select the top-of-the-line two-stage model. I have made my house so efficient that the electricity savings from stepping up to the two-stage model would have taken 30 years to pay back. For another family, it may pay back in just a few years.

If you are looking for the most efficient model with the best comfort, you cannot beat a two-stage model. Plan on spending about 25 percent to 30 percent more for a two-stage outdoor unit as compared to a high-efficiency single-stage unit. Although the SEER rating for a two-stage model may be only 3 to 4 points higher than a single-stage one, the improved comfort often allows you to set the thermostat higher for much greater overall savings.

Since the cooling needs of your house change throughout the day and over the cooling season, it makes sense that the cooling output varies too. The cooling capacity of a two-stage unit is typically sized for your home so that 80

percent of its running time is in the super-efficient low-output stage. Only on very hot afternoons does it automatically switch to maximum output. There are three basic designs of two-stage models: a single reversing compressor; two smaller separate compressors in one outdoor unit; or a single two-speed compressor. The first two designs provide 50 percent of maximum cooling capacity on the low-output first stage. A single two-speed compressor provides 60 percent on the first stage and 40 percent more at full capacity. The 50/50 split is probably best for comfort and efficiency.

The newest, most efficient and least complicated design is a two-stage reversing compressor that uses safe R410A refrigerant. On the low-output first stage, the compressor rotates in one direction which operates only one of the two pistons. On the high level, the motor reverses the rotation which operates both pistons to double the cooling output. The other two-stage designs still use R-22 freon.

Any of the two-level output models offer many advantages over single-speed models. Since they mostly run at the low-output stage, they do not switch on and off as often. This keeps the air circulating, holds room temperatures more constant, improves air cleaner effectiveness, reduces noisy start-ups, and dehumidifies better.

Although your old indoor blower can be used with a two-level model, it is best to install a new one with a variable-speed blower. These special blowers use only 25 percent as much electricity as your old one and have "smart" motors with a soft-start feature to reduce start-up noise and drafts. This also allows a thermidstat to be used to precisely control humidity. If you choose a single-level model for its lower initial cost, select one with a scroll compressor (preferably R410A instead of freon). Scroll compressors use a simple, reliable design and are quiet. Installing a new indoor variable-speed blower along with it will increase the SEER by about one point.

Write for (or instantly download from www.dulley.com) Utility Bills Update No. 814 - buyer's guide of the 14 most efficient one- and two-stage central air conditioners, cooling output ranges, SEER's, comfort features, warranties and a savings chart. Please include \$3 and a business-size SASE. Send it to James Dulley, Carolina Country, 6906 Royalgreen Dr., Cincinnati, OH 45244.

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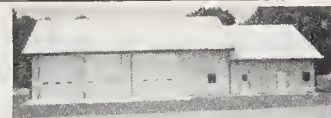
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THERE=14 FLY=15 FOUL=17 JURY=17 LOFT=20 YOUR=14 HURT=15 HOUR=17 ROOF=17 FLOUT=21

T + H + E + F + O + U + R + T + H + O + F + J + U + L + Y
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DEFINITIONS

O R A N G E

wrath

another color

to smooth or clean
with beak or tongue

P E N D E R

OH, KAY!

A SWALLOW TALE

Our granddaughter Hannah is a finicky eater, and seldom touches her vegetables. At a party for her ninth birthday her mother, Ann, served pizza and a fruit salad which had a few carrot sticks in it.

Grandmother Kay noticed that Hannah was the only one of six girls at the party who took any salad, and she even took one carrot stick. Kay mentioned this to Ann with satisfaction, but then she added, "Of course, one swallow doesn't make a summer."

When I laughed, she wanted to know what was funny about that.

Percy P. Cassidy

Poles Apart

I'll bite, Pers-
What do you get when you divide the
moon's circumference by its diameter?



b r

r m e c s

l a d



Use the capital letters below to fill in the blanks above.

"EHIKNPSTY" means
scrambled

unScramblit!

If "ADCEINPY"
means "scramble,"

what does "m b c a l a b c a b r a c s e" mean?

Answers are on page 32



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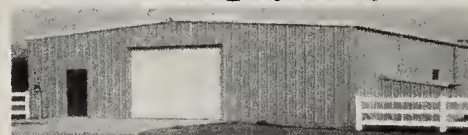
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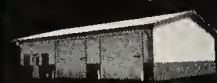
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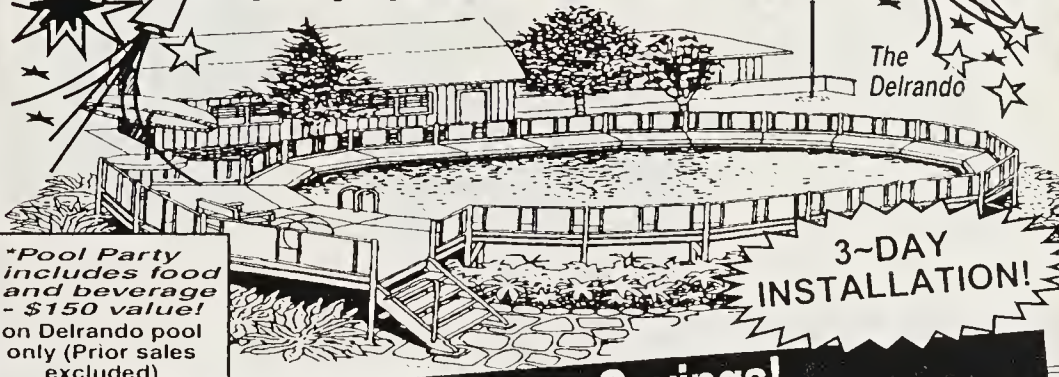
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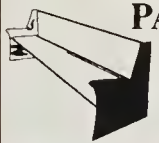


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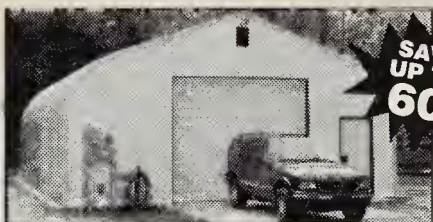
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T+H+E+F+O+U+R+T+H+O+F+U+L+Y

Fourth of July:

Percy R. Cassidy: Pi in the sky

Independence Day

Unscramble:

Orange Anger Green Preen Pender

Word Play answer:

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MOUNTAINS (west of I-77)

"Unto These Hills"

Through Aug. 25
Cherokee, 8:30 p.m.
Mountainside Theater
Drama depicting Cherokee
relocation
Nightly except Sundays
(866) 554-4557
www.untothesehills.com

Appalachian Summer Festival

June 29-July 28, Boone
Performing and visual arts at
Appalachian State University
(800) 841-2787
www.appsummer.hightsouth.com

Singing in Hominy Valley

July 3-7, Hominy Valley
(828) 667-8502

Thermal City Common Dig

July 3-4, McDowell/
Rutherford County
Evenings, Thermal City Gold
Mine, (828) 286-3016

Fourth of July Parade

July 4, Downtown Lincolnton
Fireworks, Lincolnton High
School Field, (704) 735-3096



Music on Main Street

July 6-August 24,
Hendersonville
7-9 p.m., Historic
Courthouse Lawn, Main St.
1-800-828-4244, www.historichendersonville.org

Christmas in July Festival

July 6-8, West Jefferson
(336) 246-5855
www.christmasinjuly.net

Old Friends Quartet in Concert

July 7, Cumberland County
7 p.m., Cumberland County
Coliseum Complex
(910) 323-5088

Skydiving Show

July 7, Blowing Rock
Parade and fireworks
(828) 295-7851

Arts & Crafts

July 7-8, Cashiers
Cashiers Community Ballfield
(828) 526-3181

Arts & Crafts Show

July 7-8, Haywood County
17th Annual Freedom
Festival, 9 a.m.-5 p.m.,
Haywood County Fairgrounds

Florence Thomas Exhibition

July 11- August 18
West Jefferson
Ashe Arts Center
(336) 246-ARTS

Guided Hike

July 11, Pisgah National
Forest, 10 a.m.
The Cradle of Forestry
5 mile hike to Soapstone
Ridge, (828) 877-3130



Doc Watson Music Fest

July 13-14, Sugar Grove
(828) 297-2200
www.covecreek.net

Home and Garden Tour

July 14, Boone Area
(828) 297-2420



Miniature Horse Race

July 14, Taylorsville
6 p.m., free admission
(828) 632-3043

Festival on the Square

July 14-15, Hayesville
9 a.m. -5 p.m.
Arts & crafts show
(828) 389-6814

Southern Highlands Craft Fair

July 19-22, October 18-21,
Asheville
Asheville Civic Center
(828) 298-7928, www.southernhighlandguild.org



Fiddler's Convention

July 20-21, Sparta
Higgins Agricultural
Fairgrounds
(336) 372-8809,
www.LS.net/~fiddler

39th Annual Art in the Park

July 21, Blowing Rock
American Legion Grounds
(828) 295-7851

Alive After Five Concert

July 26, Lincoln County
6 p.m., (704) 736-8915

"Barefoot in the Park"

July 26-28, 8 p.m.,
July 29, 3 p.m., Hiddenite
Hiddenite Center's
Educational Complex
(828) 632-6966

Antique Engine Show

July 27-28, Boone
High County Fairgrounds
(828) 264-4977

Tour of Homes

July 27, Blowing Rock
9 a.m., St. Mary of the Hills
Episcopal Church
(828) 295-7851

Summer Movie Series

July 26-28
Belmont Stowe Park
(704) 825-8191

Summer Music Festival

July 30-Aug. 4
Blowing Rock
(828) 295-0062

Au-Gust Christmas Fair

August 17, 18, Boone
Agricultural Conference
Center, (828) 264-3061

PIEDMONT

(between I-77 and I-95)

Mint Museum of Art

Ongoing Exhibits, Charlotte
"On the Surface," through
August 12, Late 19th century
decorative arts. 100th
Anniversary Salute to Ansel
Adams, through August 12.
(704) 337-2000
www.mintmuseum.org



Fayetteville Soccer Association

June through August,
Fayetteville
Soccer camps
(910) 482-4313

Farmers Market

June-September, Mt. Airy
Saturdays, daylight until sold
out, Municipal Parking Lot,
Franklin St.
(336) 401-8025

July 4th Celebration

June 29-July 4, Oakboro
Oakboro Regional Museum of
History
Music, beauty contests, bingo
(704) 485-3612

"The War of Survival"

Through September 29
Exhibit about World War II
Harris Exhibit Hall, Granville
County Museum
(919) 693-9706



From Hubble Space Telescope

June 2-September 3,
Raleigh
Traveling exhibit, North
Carolina Museum of
Natural Sciences
(919) 733-7450
www.naturalsciences.org

Festival for the Eno

July 1, 4, Durham
West Point on the Eno City
Park, musical performers and
more to protect the Eno River
Basin, (919) 477-454
www.enoriver.org

Antique Tractor & Misfire Engine Show

July 3-4, Mocksville
7 p.m. Tuesday, 9 a.m.
Wednesday, Clement Grove
Picnic Grounds
Free admission, music,
refreshments, car show
(336) 998-5811

Old-Fashioned Fourth of July Celebration

July 4, Chapel Hill
Horace Williams House
2-4 p.m., concert
(919) 942-7818

Family Fourth of July Celebration

July 4, Chapel Hill
UNC campus, 7-10 p.m.
(919) 968-2784

July 4th Celebration

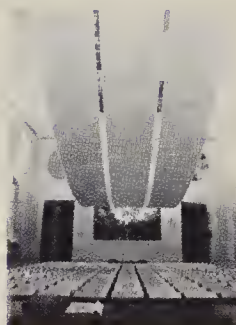
July 4, Chapel Hill/Carrboro
9:30 a.m. - 4 p.m.
Weaver St. Market
Music, games, and other
entertainment
(910) 968-7703

Joel Lane Museum House

July 4, Raleigh
10 a.m. - 4 p.m., Joel Lane
Museum House
Revolutionary War re-enact-
ments, games, and refresh-
ments
(919) 833-3431

Freedom Fest 2001

July 7-8, Fayetteville
Fort Bragg Open House
USAF Thunderbirds
Pope Air Force Base
(910) 394-4183
www.pope.af.mil/Pope_open-house



North Carolina Museum of Art

Ongoing exhibits, Raleigh
July 7, "Toy Story II"
Movies on the Lawn
July 13, "Chicken Run"
Movies on the Lawn
July 14, Fourth Annual
Louisiana Dance Party
July 19-22, "Circus
Factory" high-wire act
July 27, "Metropolis" silent
film with Alloy Orchestra
July 28, "Nosferatu" silent
film with Alloy Orchestra
"Reading Landscape: The
Power of Words Meets the
Power of Nature"
Through August 5,
(919) 839-6262,
www.ncartmuseum.org

Old Time Square Dance

July 21, Denton
7 - 10:30 p.m., West
Salisbury St.
(336) 475-9397

"Blithe Spirit"

July 26-28, August 1-4,
Salisbury
7:30 p.m., Sunday matinee,
2:30 p.m., Meroney Theater
(704) 633-5471

Stovall Street Festival

August 11, Stovall
Antique car show, dancing
10 a.m. - 6 p.m.
(919) 693-2840

COAST (East of I-95)

"Sundown Shindig on the River"

July 1, 8, 15, 22 & 29,
Wilmington
Entertainment and food,
Riverfront Park
(910) 341-3237

Battleship Blast 2001

July 4, Wilmington
Fireworks, Battleship Park
(910) 251-5797
www.battleshipblast.com

Riverfront Celebration

July 4, Wilmington
Street fair & fireworks,
Riverfront Park
(910) 341-4612

"Portsmouth Island Views"

Through July 7, Ocracoke
Photo Exhibit, Ocracoke
Preservation Society Museum,
(252) 928-7375

Doll, Toy and Bear Show and Sale

July 7-8, Carolina Beach
Carolina Beach Recreation
Center, (910) 791-6231



"Documentary Photographs of Ocracoke Island"

July 8-November 24,
Ocracoke
Ocracoke Preservation
Society Museum
(252) 928-7375



All About Jazz Festival

July 12-14, Morehead City
Crystal Coast Civic Center
(252) 247-7778

East Coast King Mackerel Tournament

July 13-15, Carolina and Kure Beach,
(910) 458-6729

Jazz Festival 2001

July 13-14, Morehead City
(252) 726-7081

www.wildflowermagazine.com/2001/07/13



Baskets of Summer

July 14, Wilmington
Poplar Grove Plantation
Learn how to make baskets
(910) 686-9518

Antique Gun and Military Show

July 14-15, Wilmington
(704) 282-1339

Historic Beaufort Road Race

July 21, Beaufort
Various races with proceeds benefiting
local projects
(252) 726-7070



Cape Fear Blues Festival

July 26-29, Wilmington
(910) 350-8822

www.wildflowermagazine.com/2001/07/26

Summer Artillery Demonstration

July 22, South of Kure Beach
Fort Fisher, 1:30 - 4 p.m., free
(910) 458-5538

Film Nite

July 26 and last Thursdays of the month
Downtown Wilmington, 8 p.m., free
(910) 509-2890

www.wildflowermagazine.com/2001/07/26

Listing Information

Deadline for Sept July 23
Deadline for October August 24
A phone number must be included with
event listings in order to be published.
Send notices to:
Carolina Compass
PO Box 27306
Raleigh, NC 27611
Fax: (919) 878-3970
e-mail: carolina.country@ncemcs.com

Pork Tenderloin

2 pork tenderloins
2 tablespoons cider vinegar
1/2-3/4 cup molasses
3 tablespoons Dijon-style mustard

Mix molasses, mustard & vinegar.
Pour over tenderloins and refrigerate
for 6-8 hours. Bake at 350 degrees,
uncovered, for approximately 30
minutes, or, until internal temperature
(using a meat thermometer) reaches
160 degrees

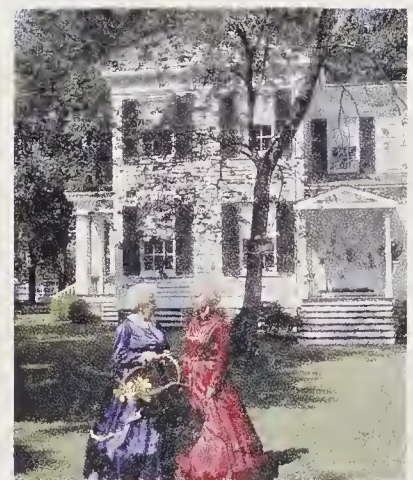
The secret to cooking lean pork
(pork is 31% leaner)
is to use a meat thermometer - you
don't want to overcook it.

For a free cook booklet:

919-781-0361
NC Pork Council
2300 Rexwoods Dr, Ste 340
Raleigh, NC 27607

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During hot, dry months of summer, watering usually takes priority. In this critical period, many plants are setting next season's blooms. Soak soil around plants at least once a week if there is no rain. Keep on the alert for insects and diseases. Should you plan to be away on vacation in late summer, it would be well to make arrangements for someone to "plant sit" your gardens by soaking the soil around them at least once a week when there is no rain.

Color of annuals

For needed color, set out summer annuals such as mums, marigolds, celosia, petunias, and zinnias. By purchasing plants already blooming, you can get immediate impact. Give attention to these and they will reward you with color until cold weather. Zinnias are especially fond of hot weather. Native to Mexico, they're one of our most popular garden annuals for summer bloom. Plants range in size from dwarf varieties, about six inches high, to those reaching about three feet. Flowers range in size from one to seven inches in diameter, depending on variety. They flower in almost all colors except blue. Easy to grow, seeds germinate quickly either indoors or outside, and seedlings transplant with ease. Plants need adequate room to develop, depending on variety.

Sprayer care

It's a good idea to check the hose attachment garden sprayer. Fill sprayer with dyed water; attach the hose and spray into a container of known volume. By this method, you can determine if the sprayer is putting out the volume indicated. Make adjustments if the calibration of sprayer is not accurate. This check may prevent damage to plants and failure of the sprayer mixture to render proper control.

Azaleas and camellias

When plants lack moisture during summer months, they often "throw" flower buds. If several flower buds are clustered on a branch of a camellia plant, remove all but the tip bud. This results in a better-shaped, larger bloom at flowering time. The most common disorder of azaleas at this time of year is chlorosis. This causes yellowing of leaf areas between the veins. Veins remain dark green. It's caused by a lack of iron.



For needed color, set out summer annuals such as mums, marigolds, celosia, petunias, and zinnias. By purchasing plants already blooming, you can get immediate impact.

Hort shorts

- ✂ Feed chrysanthemums every two weeks with a complete fertilizer until flower buds show color.
- ✂ Hanging baskets usually need a daily watering.
- ✂ Woody ornamentals such as azaleas, oleanders, and hydrangeas now can be propagated from cuttings.
- ✂ Fire ants are a problem in mid-to-late summer. Check with your local County Extension Office for best controls in your community.
- ✂ Squirrels sometimes uproot bedding plants but do not eat the roots or leafy growth. Success has been found in scaring squirrels from plant beds by placing small artificial rubber snakes among the plants.
- ✂ Root tender tip cuttings of Carolina jessamine vine. Select vining tendrils, and cut on a slant just beneath a leaf node. Treat with Rootone. Place in semi-shade. This evergreen vine, state flower of South Carolina, bears masses of yellow flowers in the spring and sometimes re-flowers in the fall.
- ✂ Prune back extra-large rose bushes for better fall production. Continue to feed and water plants regularly. Spray for insect and disease control.
- ✂ Cut back daylily foliage and divide if crowded.
- ✂ Apply pre-emergence herbicides for control of next year's crop of chickweed.
- ✂ Remove suckers and water sprouts from fruit and nut trees so fertilizer and moisture will be channeled into development of next year's fruiting wood. During extended dry spells, be certain to water all trees set this past season.
- ✂ Close mowing of lawn grasses during hot, dry weather weakens grass, allowing crabgrass and other weeds to become established before the lawn can recover.
- ✂ Visit arboretums and show gardens to gather ideas for your personal landscape project and to see and examine new plant materials.

Applying about one-fourth pound of aluminum sulfate per square yard of soil surface will correct the problem. Be careful not to exceed this rate, as severe burning and injury can result. A temporary method of correcting chlorosis is by foliar application of ferrous sulfate, commonly called cupperas. Spray leaves with a solution of one ounce of ferrous sulfate per gallon of water. On new properties, trees and shrubs sometimes suffer as a result of building mortar, bricks and other residue of construction being covered with soil when the new yard is leveled.

Carolina Country classified ads cost \$2 per word, prepaid. Minimum ad \$20. Maximum 75 words. Same ad on Web site is \$20 per month. Send ad and payment to Classifieds, Carolina Country, P.O. Box 27306, Raleigh, NC 27611. For more information and a printed form to use for your ad, see our Web site at www.carolinacountry.com and click on the Advertising section.

Auctions

ESTATE AUCTION: Saturday, July 14, 2001, 10 a.m., Robert Hire, deceased. Location: 539 South Peace Haven Rd., Winston-Salem. 1936 Ford 2dr sedan, excellent w/title. Kabota B2150 4WD tractor w/ 15 pieces equipment. Oak pie safe. Wooden churn. Empire dining furniture. Jenny Lynn bed. Oak walnut bed. Walnut dresser. Partial listing. From Winston-Salem Hwy 421 West, exit Peace Haven Rd., turn left. Sale 1 mile on left. Speer Auctions, NCAL 2984, Mosckville, NC. 336-998-4162, 336-998-2058

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Vacation Rental

2BR. MOUNTAIN CABIN on scenic New River in Ashe County. Ideal location for fishing, hunting, canoeing, hiking, etc. (336)-982-3281.

VACATION CABIN in the mountains of Western North Carolina. Real chink logs, jacuzzi, fireplace and covered porch. No smoking – No pets. (828) 627-6037. treasure-covecabins.com.

VACATION RENTAL - Lake Gaston – Waterfront – NC/VA. 2 BR, 2 Bath – nice waterfront. (804) 447-4090.

CAROLINA BEACH COTTAGES near ocean. Start at \$675 a week. Discount given with ad, Beacon House Inn – (910) 458-6244/7322.

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CHOCOLATE CHIP COOKIE DOUGH CHEESECAKE



1 3/4 cups crushed chocolate chip cookies or chocolate wafer crumbs
1/4 cup sugar
1/3 cup butter or margarine, melted

Filling:

3 packages (8 ounces each) cream cheese, softened
1 cup sugar
3 eggs
1 cup (8 ounces) sour cream

Cookie Dough

1/4 cup butter or margarine, softened
1/4 cup sugar
1/4 cup packed brown sugar
1 tablespoon water
1 teaspoon vanilla extract
1/2 cup all-purpose flour
1 1/2 cups miniature semisweet chocolate chips, divided

RECIPES ARE BY TASTE OF HOME MAGAZINE. FOR A SAMPLE COPY, SEND \$2 TO TASTE OF HOME, SUITE 4321, PO Box 990, GREENDALE WI 53129-0990. VISIT THE WEB PAGE AT WWW.TASTEOFHOME.COM.

In a small bowl, combine cookie crumbs and sugar; stir in butter. Press onto the bottom and 1 inch up the sides of a greased 9-inch springform pan; set aside. In a mixing bowl, beat cream cheese and sugar until smooth. Add eggs; beat on low just until combined. Add sour cream and vanilla; beat just until blended. Pour over crust; set aside. In another mixing bowl, cream butter and sugars on medium speed for 3 minutes. Add water and vanilla. Gradually add flour. Stir in 1 cup chocolate chips. Drop dough by teaspoonfuls over filling, gently pushing dough below surface (dough should be completely covered by filling). Bake at 350 degrees for 45-55 minutes or until center is almost set. Cool on wire rack for 10 minutes. Carefully run a knife around edge of pan to loosen; cool 1 hour longer. Refrigerate overnight; remove sides of pan. Sprinkle with remaining chips. Yield: 12-14 servings.

TIP: To get cookie dough to drop without sticking, dip the spoon in milk first.

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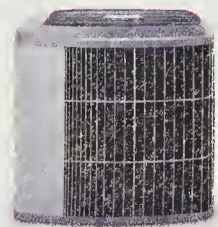
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